

e-Quit worRx: An iPad App to Enhance Smoking Cessation Shared Decision Making in Primary Care

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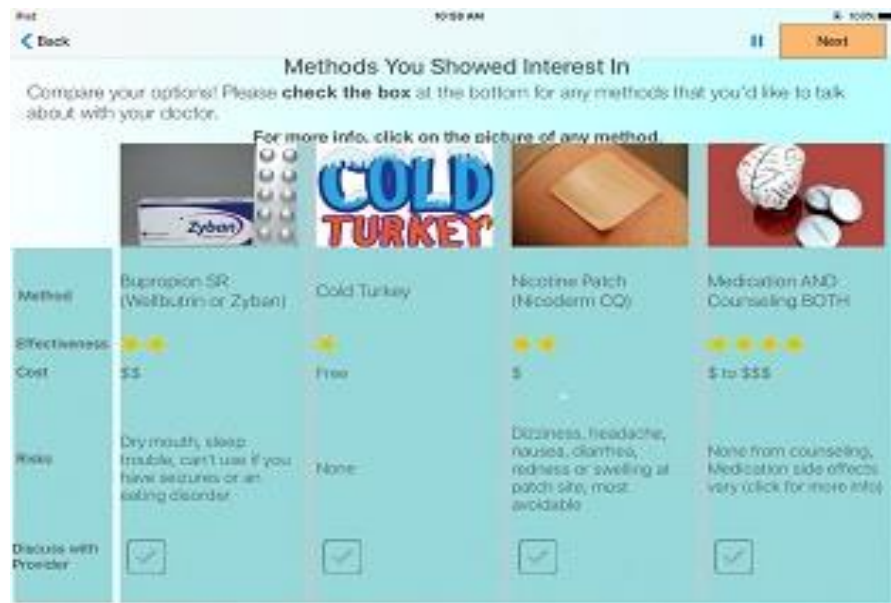
Background

- Smoking is the leading preventable cause of death in the US.
- Primary Care Providers have a unique opportunity to help patients quit, but need tools to engage patients in discussion of evidence-based treatments.
- **Objective:** Feasibility test of a novel iPad application (app) for use in Primary Care (PC) offices.

Methods

- Feasibility trial with 22 providers across 3 PC offices; each office recruited 12 control (booklet) then 12 intervention (app) patients (n=72 total patients).
- Booklet group reviewed the standard government booklet while app group used the app before the visit then discussed results with provider.
- Post-visit exit interviews with each patient.
- Quantitative data collected on Shared Decision-Making (SDM-Q9 scale), Decisional Conflict (SURE scale), and time spent discussing smoking cessation (patient reported).
- Post-study focus groups at each site with providers (n=16) and office staff (n=40).
- Focus groups transcribed and analyzed using editing method.

Screenshot of app: treatment options selected by a patient



Results

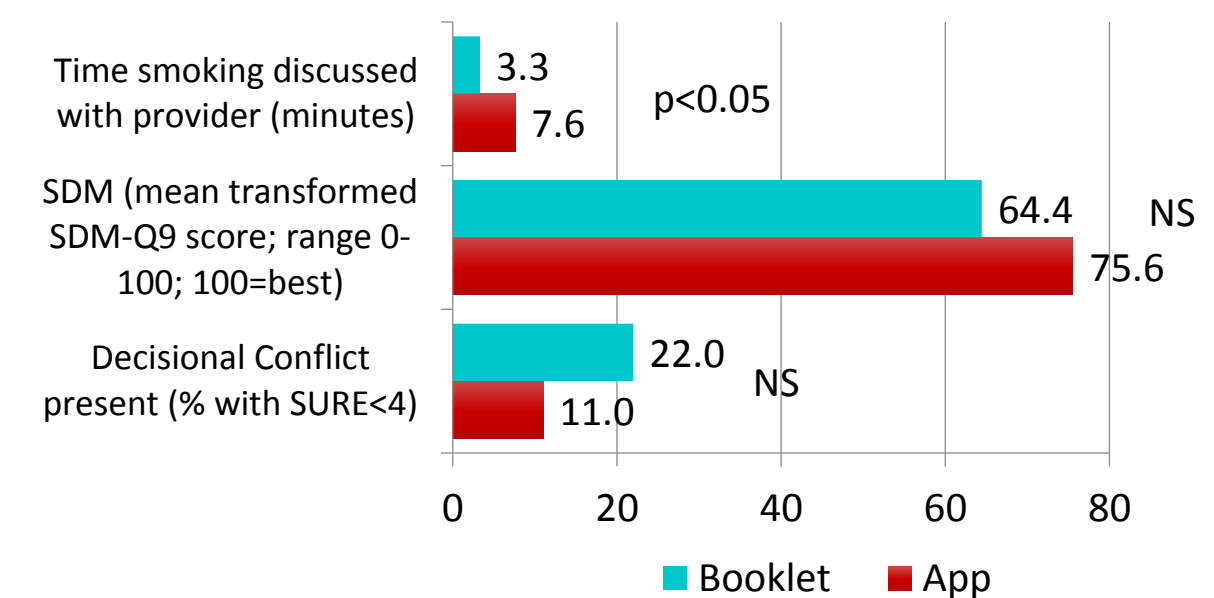
Patient Demographics

	Booklet	App
Age (mean)	51	49
Female (%)	77.8	51.4
Caucasian (%)	55.6	45.9
Medicaid (%)	25	22
3+ Quit Attempts (%)	80	70
Smoking-Related Illnesses	2+	2+

Qualitative App Feedback

Providers felt app engaged patients	
“It initiated the husband and wife to set up quit smoking dates.”	“It involves them in the process. They’re more engaged & so are you.”
Staff had workflow concerns	
“It needs to be less questions and easier. Our patient literacy level is low; we have no time to help them through.”	“It gets the patients attention and you want to catch them when they’re present...it would help to be on the internet to fill out beforehand.”
Patients found it easy to use	
“It was very easy, just do what it says and answer the questions; basic, user-friendly.”	“Easy enough where I could read it with a 3 rd grade reading level.”

Patient Exit Interview Quantitative Data



Conclusions

- We successfully developed and tested the e-Quit worRx app in PC offices.
- The app engaged patients and physicians in smoking cessation conversations, increased SDM and decreased decisional conflict.
- Overall the app was easy to use.
- Office flow concerns were raised.
- One possible solution to this would be integration with the patient portal.